

# Preliminary Findings from an Evaluation of Let's Talk Birth Control

Let's Talk Birth Control (Let's Talk) is a clinic-based intervention that includes two resources designed specifically for young people—a printed contraceptive decision aid (CDA) and the digital Bedsider.org Method Explorer—as well as an online training for providers. Let's Talk aims to increase providers' capacity to deliver patient-centered contraceptive care, and in turn, increase use of preferred contraceptive methods among adolescents and young adults.<sup>1</sup>

Child Trends and the University of California San Francisco Beyond the Pill are conducting a rigorous evaluation of Let's Talk. Between January and August 2025, the first cohort of health centers was randomized to implement the Let's Talk intervention or continue with standard of care. All sites were federally qualified health centers and were located in the South, Southwest, and Midwest regions of the United States. Eligible patients<sup>2</sup> were enrolled in the study, completed the baseline survey, and received the Let's Talk intervention or standard of care during their regularly scheduled sexual reproductive health (SRH) care or wellness visits. All participants received the short-term follow-up survey remotely one week after their appointment.

### Reach

January - August 2025

- 5** Community health centers implementing *Let's Talk*
  - 94** Patients enrolled
  - 46** Providers trained
- 4** Community health centers implementing standard of care
  - 50** Patients enrolled

## Characteristics of Participants



### Race/ethnicity

<b>Hispanic:</b> 33%
<b>NH-White:</b> 33%
<b>NH-Black:</b> 24%
<b>NH-Other/Multiple:</b> 10%



### Age

<b>15-17:</b> 17%
<b>18-19:</b> 27%
<b>20-24:</b> 56%
<b>Avg age:</b> 20 years



### Location

<b>Georgia</b>	<b>North Carolina</b>
<b>Iowa</b>	<b>Ohio</b>
<b>Kentucky</b>	<b>Texas</b>
<b>Nebraska</b>	<b>Wisconsin</b>



### Preferred language<sup>3</sup>

<b>English:</b> 88%
<b>Spanish:</b> 12%

Prior to the intervention, most study participants were sexually active and had prior experience receiving contraceptive care, while just over half were using hormonal or long-acting methods.



**73%** Had penile-vaginal sex in the past 3 months



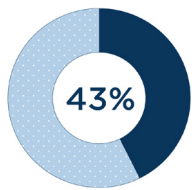
**82%** Had ever spoken with a health care provider about birth control



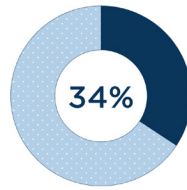
### Birth Control Methods Used:

<b>Hormonal (pill, patch, ring):</b> 31%
<b>LARC (IUD or implant):</b> 22%
<b>Condoms:</b> 16%
<b>Withdrawal or other:</b> 11%
<b>No method and sexually active:</b> 8%
<b>No method and not sexually active:</b> 13%

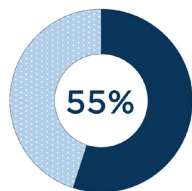
Nonetheless, gaps remain: less than half of participants were using their preferred contraceptive method, only 1 in 3 used contraception consistently in recent months, and more than half reported concerns about the potential side effects of birth control. These findings highlight the need for accurate and patient-centered contraceptive counseling.



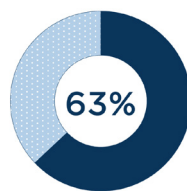
Used preferred birth control method



Used a method every time they had sex in the past 3 months<sup>4</sup>



Agreed: "I worry that birth control has dangerous side effects"



Agreed: "Birth control may affect my body in ways I do not like"

## Experience with Let's Talk

Participants and providers at health centers implementing Let's Talk reported positive experiences using the contraceptive decision aid (CDA).<sup>5</sup>



"I think it gives [young patients] a starting point...It really starts making them think, oh, these are the different aspects of birth control and what's important to them. And I think that really helps [our] conversation."

- Provider implementing Let's Talk



98%

of participants reported that independently reviewing the CDA answered some or all of their questions and concerns about birth control



"I like that information wasn't super hard to understand. It wasn't using large medical terminology...It was more simplified, really easy to understand. So that I knew what I was getting into and I was able to actually read and comprehend..."

- 18-year-old who received the Let's Talk intervention

80%

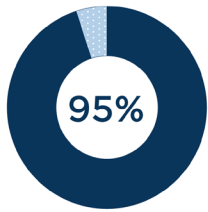
of participants reported the CDA made it "much easier" to discuss birth control with their providers



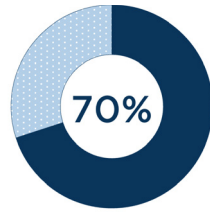
"I got to form my own opinion on things...I got to really think about what I wanted and what would work best for me rather than what [the doctor] thought would work for me."

- 23-year-old who received the Let's Talk intervention

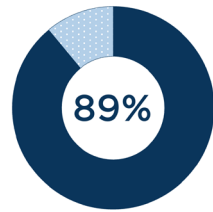
**Participants at health centers implementing Let's Talk reported positive visit experiences.**



Were "completely satisfied" with their visit

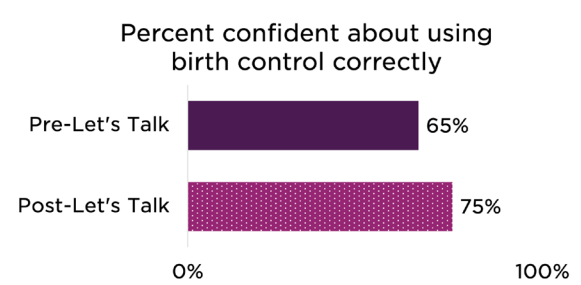
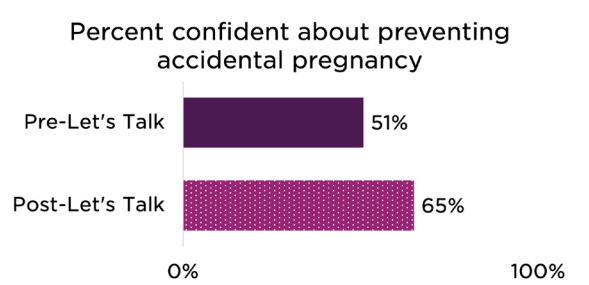
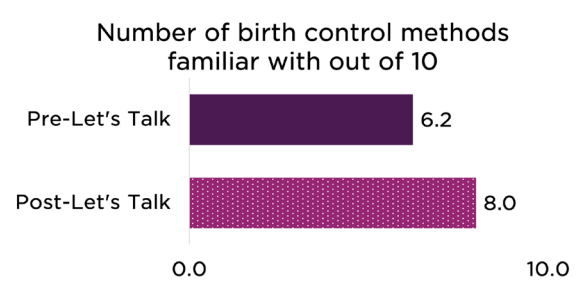
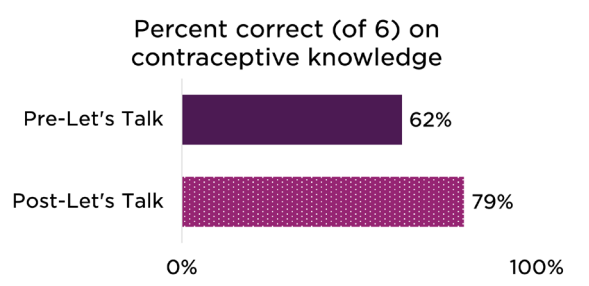


Reported receiving patient-centered contraceptive care



Received the method they wanted

**After their visit, participants who received the intervention showed increased knowledge and awareness of contraceptive methods and increased self-efficacy to use birth control aligned with their desires.**



**Note:** Findings are significant at  $p < 0.10$ .

**Endnotes:**

- <sup>1</sup> Let's Talk Birth Control was created by Power to Decide in partnership with University of California San Francisco Beyond the Pill. For the first two years of this rigorous evaluation, Power to Decide served as the prime grant recipient.
- <sup>2</sup> Patients were eligible if they were at the clinic for a wellness exam or SRH care, female, ages 15-24, receiving services in English or Spanish, sexually active (penile-vaginal sex) in the past year or interested in learning about birth control, and not pregnant or planning pregnancy.
- <sup>3</sup> Preferred language is based on the language the participant chose for completing the enrollment materials and baseline survey.

- <sup>4</sup> Among those having sex in the past 3 months.
- <sup>5</sup> Based on the short-term surveys conducted one week after intervention, as well as interviews and focus groups with participants and providers implementing Let's Talk. 72 participants completed the one-week short-term survey and 7 participants from health centers implementing Let's Talk participated in a focus group.

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